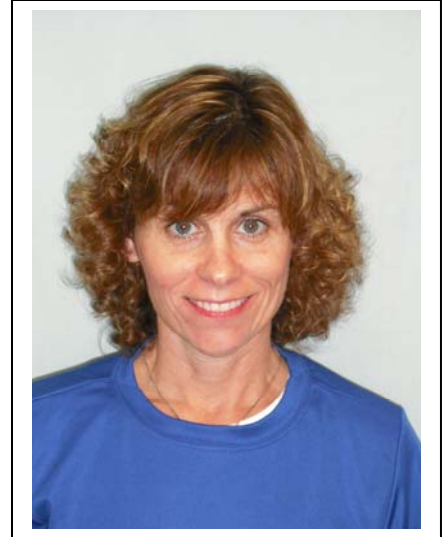


Susan Caron

Personal Trainer



I Can Help You

- Accomplish your fitness goals
- Improve your confidence and self image
- Increase your strength, flexibility, balance and functional capacity

Areas of Specialty

- Motivational coaching
- Varied workouts to get results
- Small group training

Emphasis/Philosophy

- Everyone should benefit from and enjoy exercise. My job is to have you looking forward to your next work-out.

Qualifications

- B.S. in Exercise Physiology
- ACE Personal Training Certified (15 years)
- AFFA Aerobic Certified (20 years)

Personal Note

Do what you love, love what you do!

If you are interested in working with this Personal Trainer, please complete a Personal Training Questionnaire at the front desk or contact the Personal Training Coordinator at (727) 580-1870 or cam.capurso@baycare.org



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